Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Boyd County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

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The Boyd County Extension Council identified the need for programming about reducing spending at the grocery store, including the use of coupons. The Boyd County FCS agent collaborated with a writer from the Ashland Beacon newspaper to offer a class where participants learned to create a monthly meal plan, form a shopping list that they would follow, and find and use coupons. One-hundred percent of participants learned at least one new method to locate coupons in the paper, on the Internet, or through smartphone apps. A few weeks after the session, one adult participant reported planning meals, making a shopping list prior to going to the store, and saving $20 on groceries just by using coupons.
According to the 2007-2011 American Community Survey, in Boyd County…

- **22.1% (+/- 3.2)** of families with children were below poverty
- **10.7% (+/- 2.2)** of those ages 65 and over were below poverty
- **25.8% (+/- 1.7)** of households had retirement income
- **9.4% (+/- 1.2)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Boyd County had 13,022 people, 2,604 children and 2,052 seniors with low access to a supermarket or large grocery store.*

In addition, 5,426 residents had both low income and low access to stores.

### FAMILY ACCESS

As a result of participating in Boyd County Extension programs:

- **645** people demonstrated an increase in practical living skills.
- **90** people utilized healthy food delivery systems and access points.
- **933** people increased knowledge of economic and enterprise development.

### COMMUNITY AVAILABILITY

In 2011, Boyd County had:

- **12** Grocery stores (any kind)
- **9** Grocery/supermarkets (except convenience)
- **3** Convenience stores (i.e. food marts – no gas)
- **31** Gasoline stations with convenience stores

In the county, there were:

- **2** Roadside markets that served the county
- **4** Farmers market locations
- **62** SNAP** authorized stores (food stamps)
- **8** WIC*** authorized stores

In 2011, there were $382,393.81 in SNAP redemptions per SNAP authorized store in Boyd County.

### FOOD ASSISTANCE

In Boyd County…

- **3,514** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **3,083** children in 2007 (**up 14.0%**)
- **56.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **5,605** SNAP cases and the monthly SNAP benefit level was **$259.18**.

Boyd County is served by God’s Pantry Food Bank of the Ky. Assoc. of Food Banks.

### HOUSEHOLD INCOME

**Median household income in past 12 months by age of householder in Boyd County (2007-2011)**

<table>
<thead>
<tr>
<th>Age</th>
<th>United States</th>
<th>Kentucky</th>
<th>Boyd County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$45,728 (+/- $3,899)</td>
<td>$49,260 (+/- $4,126)</td>
<td>$29,341 (+/- $1,752)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$49,260 (+/- $4,126)</td>
<td>$49,260 (+/- $4,126)</td>
<td>$29,341 (+/- $1,752)</td>
</tr>
<tr>
<td>65 years and over</td>
<td>$49,260 (+/- $4,126)</td>
<td>$49,260 (+/- $4,126)</td>
<td>$29,341 (+/- $1,752)</td>
</tr>
</tbody>
</table>

**SOURCES**

1 Kentucky State Data Center
2 Kentucky Cooperative Extension Service Reporting, FY 2013
3 2007-2011 American Community Survey, 5-Year Estimates
6 Kentucky Dept. of Agriculture. ([farmersmarket.directory](http://www.kyagr.com/marketing/farmers-market-directory.aspx))
7 Kentucky Cabinet for Health and Family Services. ([data_book.htm](http://chfs.ky.gov/dcbs/data_book.htm))
8 Kentucky Association of Food Banks. ([foodbank.org](http://www.foodbank.org))
9 Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
10 *The Special Supplemental Nutrition Program for Women, Infants and Children*

*Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.*